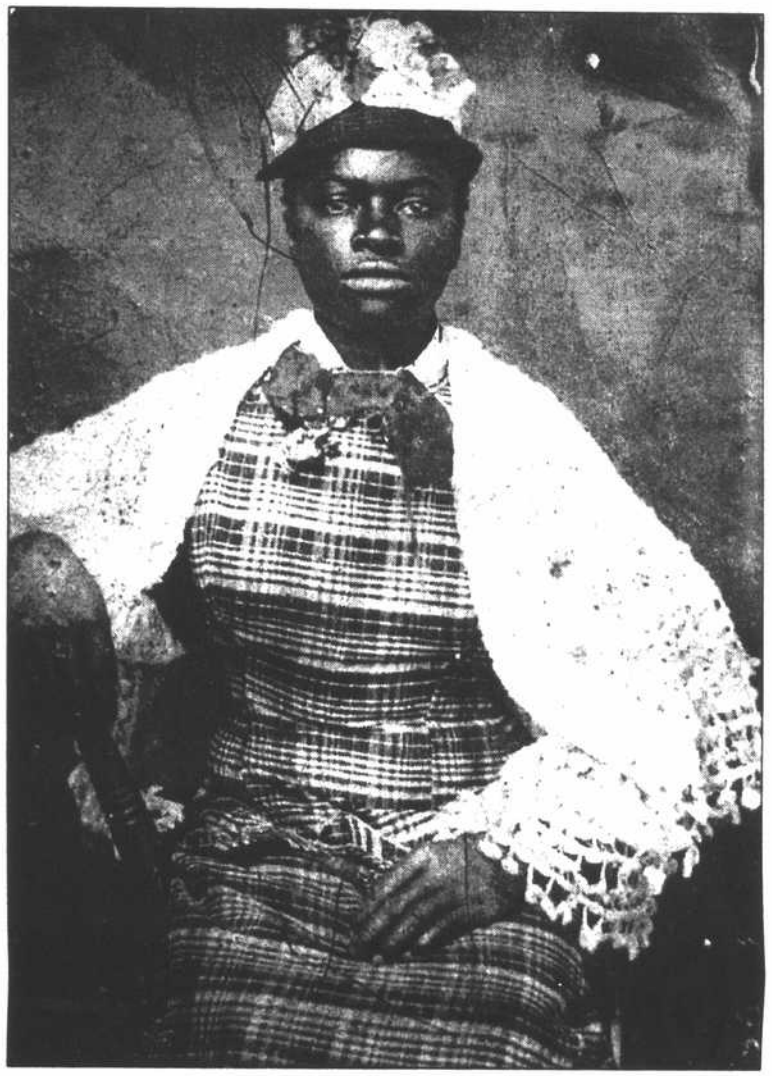
THE LADIES

Catherine Riggins



Mary Carter was taken in and raised by the Wainwrights in the 19th century.

Margaret Ann Fraser, age 15, strikes a daring pose in 1926.

Bessie Wornom Wainwright was born at the family home on Patrick's Creek Road.

Maggie Phillips at home

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Ask The Chiropractor

DR. BRUCE A. McEWEN

THE MEANING OF CHIROPRACTIC

Q Where does the word chiropractic come from and what does it mean?

A Like many words pertaining to health and the human body, chiropractic — pronounced ki-row-prack-tick—stems from two Greek words, *cheir* and *praktikos*, which translates into "done by hand."

Thus, the word chiropractic refers to the spinal manipulations chiropractors deliver by hand in adjusting misaligned vertebrae into their proper positions. Such manipulations are called "adjustments" and are the dominant chiropractic treatment.

Adjustments relieve pressure on spinal nerves where they exit between misaligned vertebrae. Once the vertebrae are realigned, the nerves begin functioning normally again and the body's own healing mechanisms take over.

Chiropractic adjustments are gentle. They require no great force and are accomplished in a split-second. Even children can be adjusted without discomfort. But apprehension that chiropractic adjustments might be painful sometimes keeps away the very person needing treatment the most.

If you are avoiding needed chiropractic care because you are afraid the adjustments will be painful, tell us about your fears and let us show you how gentle—even pleasant—modern chiropractic adjustments can be.

Poquoson Chiropractic Clinic
370-A Wythe Creek Rd.
Poquoson, VA 23662
757-868-7709

We are, of course, our children's ancestors. We owe them the best we can leave them.